

R1: Waiu Trail Park, Wainuiomata. Sun 7-Sept 2025

Event Notes

Courses will be made up of short and/or long loops. Please see your age group to determine your course and the number of short and/or long loops you will be doing.

Timetable

Details to be finalised. The event will be approximately 8am - 1pm + pack-down.

Event 1: XCO Race

Note: Age is as you will be on **31 Dec 2025**.

Seniors (Long + Short) Loop Counts

Open Men	1 Long + 2 Short	(22.4 km)
Open Women	1 Long + 2 Short	(22.4 km)
Masters Men 1 (30-39)	1 Long + 2 Short	(22.4 km)
Masters Men 2 (40-49)	1 Long + 2 Short	(22.4 km)
Masters Men 3 (50-59)	1 Long + 2 Short	(22.4 km)
Masters Men 4 (60+)	1 Long + 2 Short	(22.4 km)
Masters Women	1 Long + 1 Short	(17.4 km)
U19 Men	1 Long + 2 Short	(22.4 km)
U19 Women	1 Long + 2 Short	(22.4 km)
U17 Men	1 Long + 1 Short	(17.4 km)
U17 Women	1 Long + 1 Short	(17.4 km)
U15 Boys	1 Long	(12.4 km)
U15 Girls	1 Long	(12.4 km)
E-bike Social	1 Long + 2 Short	(22.4 km)
Social Men (Any age)	1 Long	(12.4 km)
Social Women (Any age)	1 Long	(12.4 km)

Juniors (Short) Loop Counts

U13 Boys	2 short loops	(8.2 km)
U13 Girls	2 short loops	(8.2 km)
U11 Boys	1 short loop	(4.1 km)
U11 Girls	1 short loop	(4.1 km)

XCO LONG Loop Description:



Start with a short **START LOOP** around the grass area then into **WETLAND LOOP** in a clockwise direction. The climb up to the Finish Line must be ridden on the grass (not the 4WD).

Stay on **WETLAND LOOP** taking NO side-tracks for 1.7k (4/5 of the loop).

Turn left into **SECOND STAR** and climb to the saddle.

Cross the saddle and veer left into **MOHAKA MEANDER** (1.5km).

Continue into **MOHAKA MEANDER EXTENSION** (1.3km)

Turn left into **KONINI CLIMB** (2.1km). This track includes some Firebreak sections for overtaking.

At the summit, turn left and ride (uphill) along **ECNZ PYLON TRACK** (400m)

Turn **hard-left** into **GINGERNUTS** (550m). *This is also the entrance to Towai Traverse (right fork).*

At the 6-way hub, turn sharp right (hairpin) heading back into **TOWAI TRAVERSE** for 50m.

Take a sharp left uphill, riding a short **CONNECTOR TRACK** (40m) up to the Pylon.

Ride the Pylon access track back to the **ECNZ PYLON TRACK** (450m), then turn right.

Ride north 100m on ECNZ PYLON TRACK and turn left into **FREEWHEEL**.

Ride all of FREEWHEEL (2.0km) exiting near the bridge.

Turn left and climb **ECNZ PYLON TRACK** for about 400m

Turn right and enter **LABYRINTH**, continue riding uphill to **SPOONHILL HUB**

Turn right into **LABYRINTH DH** (downhill) and ride the downhill section (700m)

Veel left into **SNAIL TRAIL** at the junction and ride this to the bottom (900m). Keep to the main track.

At the bottom, on Wetland Loop, immediately veer right into **SHADOW TRACK** (500m)

Veel right into **DIRECTA**, climbing toward the Beeline hub (300m)

Veel left bypassing the hub and joining into **LOWER BEELINE**.



Warning: There are two **DROPS** at the exit from the trees. Keep RIGHT for an easy bypass line. After the drops, keep right through the grass area to continue on LOWER BEELINE.



At the end of Beeline, ride straight across the 4WD and ride through the WETLAND GARDEN.

Turn right after the bridge to join the small start loop around the shelter and up to the **FINISH LINE**.

ADDITIONAL SHORT LOOP?

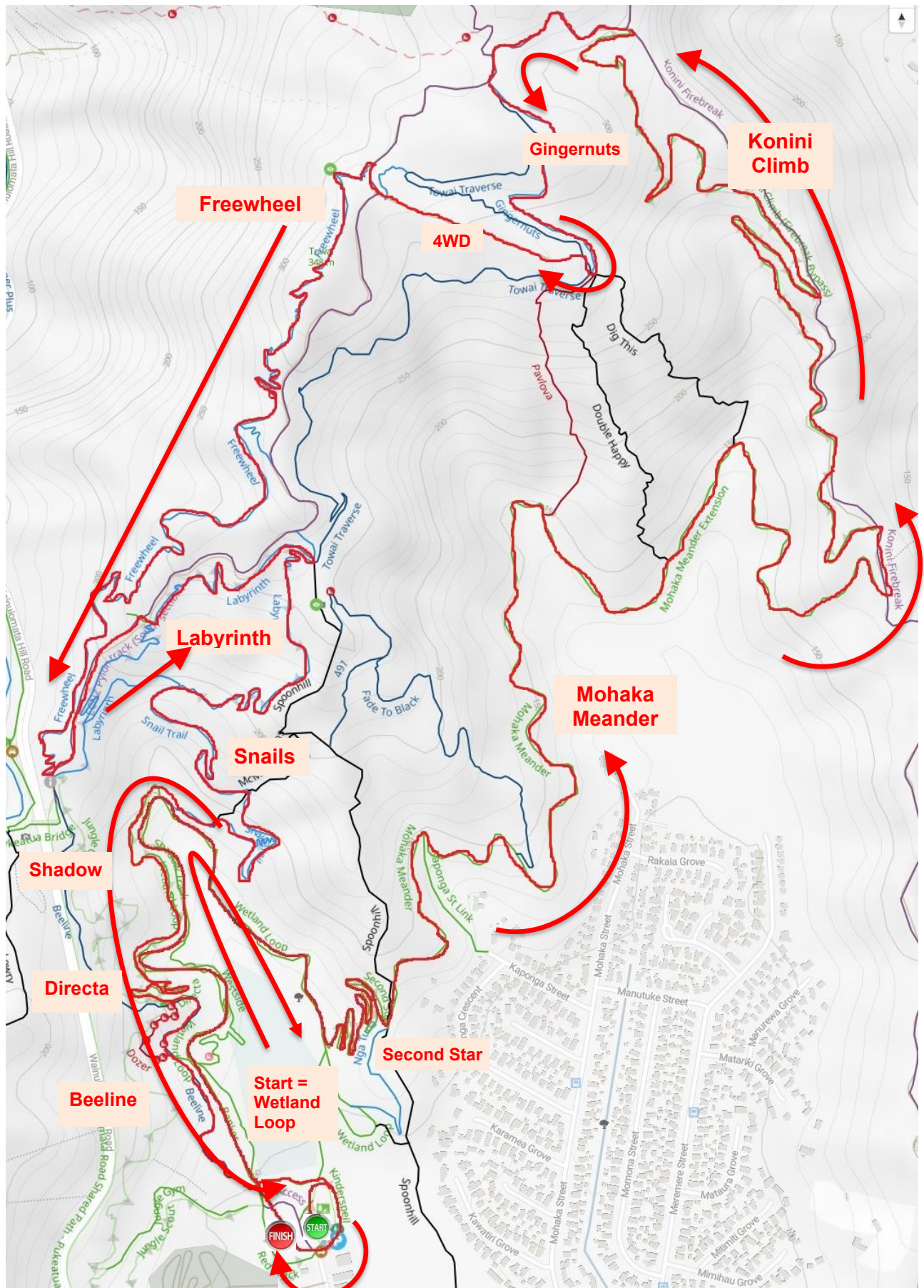


If you are doing any additional short loops, turn **LEFT after the finish line** and start the Short Loop by riding into **JUNGLE GYM**.

Refer to the Short Loop description for the rest of the loop.

If finished, please keep the finish area clear for other finishers and riders going into the Short Loop.

XCO - LONG Loop



XCO SHORT Loop Description:



Start with a short **START LOOP** within the Grass Park Area.

Loop through the Finish line, turn left and ride all of **JUNGLE GYM** (2km) up to the bridge area.

Turn right into **LABYRINTH** (100m) just before the exit onto the 4WD.

Turn right, heading downhill into **SNAIL TRAIL (Snails)**, riding this to the end (1.1km)



Warning: The long loop joins in part way down Snails. You may encounter senior riders between here and the finish if doing multiple loops. Please let them pass.

U11-U13 only: Easier route.

Exit Snails and continue straight ahead onto the wide **WETLAND LOOP** track for 350m.

After this, keep turning LEFT...

Turn left onto **WESTSIDE** for a short first section (100m)

Turn left again to ride the next section of the wide **WETLAND LOOP** track (100m)

Turn left again to re-enter **WESTSIDE** and ride this third section (250m)

Turn left at the 'T' intersection into **BANKER** and ride this to the end (250m)

Exit Banker onto the 4WD then turn left and ride through **WETLAND GARDEN**, rejoining the others.

U15+ doing the Short Loop.

At the exit of Snail Trail, turn right into **SHADOW TRACK** (500m)

Merge with **DIRECTA**, riding up *towards* the Beeline hub, (300m)

Turn left onto lower **BEELINE** and ride this to the end (600m), exiting onto the 4WD near the base.



Warnings: There are two DROP ramps as you exit the trees after the initial, straight descent.
There is a safe bypass line to the **right** of these.

Keep right in the grassy area after the Drops to stay on BEELINE

In the last section of Beeline there is a roll-over with an easy line off to the left.



At the end of Beeline, ride straight across the 4WD and ride through the **WETLAND GARDEN**.

Turn right after the bridge to join the small start loop around the shelter and up to the **FINISH LINE**.

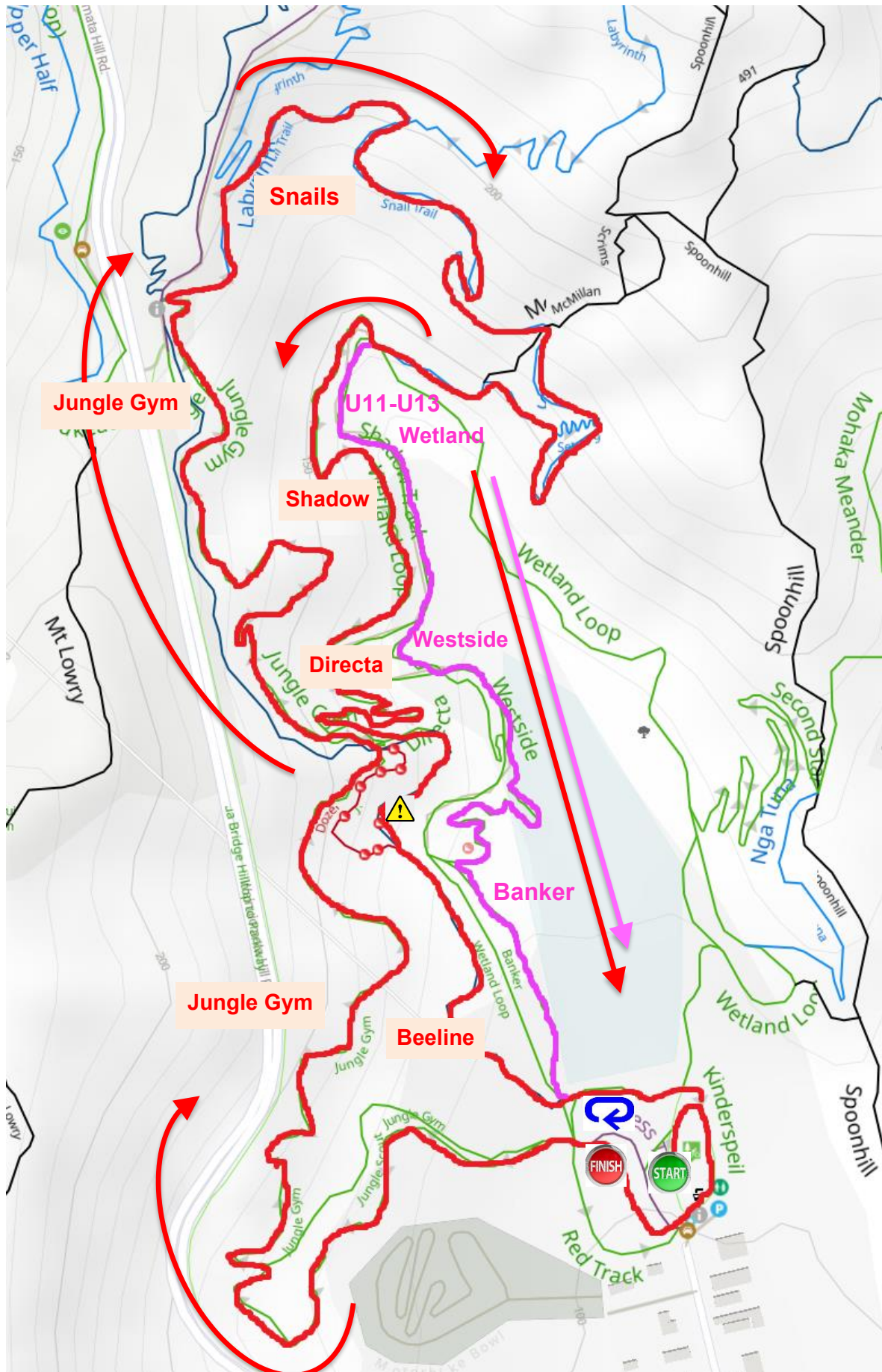


ADDITIONAL SHORT LOOP?

If you are doing any additional short loops, turn **LEFT after the finish line** and start the Short Loop by riding into **JUNGLE GYM**.

If finished, please keep the finish area clear for other finishers and riders going into the Short Loop.

XCO SHORT Loop



Key Personnel

Key personnel responsible for safely running this event are:

Name	Position	Contact Number
Jason Brown	MTB Convenor	0274 213 617
Deb Sherwin	Registrations	021 215 4450
Robert Comeskey	Timing Systems	021 717 311

Traffic/Parking Management

No public roads are being used in this event.

The Waiu carpark will have spaces reserved for Marshals, First Aid and coffee vendors.

Parking within the grassed park area will be reserved for vehicles of event personnel only which may not be moved until the completion of the event.

Event parking for competitors will be within the Waiu Trail Park Carpark on the southern side (right hand side as entering) only and Waiu Street, where ample parking is available on a Sunday.

Event Updates/Communications

For event updates see the website: pnp.org.nz/mtb or <http://www.facebook.com/pnpgmtb>

At the Event Hub, a sound system will be used for all announcements and pre-race briefings.

Communication between organisers and marshals located around the event will be via PNP's 2-way repeater radios communicating on **Channel 14**. Reception to all marshal points has been successfully used with the PNP radios in previous events at this venue.

Mobile Phone numbers for marshals will be distributed as a backup communication method.

Health & Safety

The PNP MTB Health and Safety Policy, Emergency Response Plan and Risk Management Plan are available via links from the MTB page on the website: pnp.org.nz/mtb.

In an Emergency - Call 111

Lower Hutt Hospital: Accident & Emergency

638 High St, Lower Hutt
Ph: (04) 566 6999

Lower Hutt After Hours Medical Centre

729 High St, Lower Hutt
Ph: (04) 567 5345

Equipment: Riders should ensure that their bikes and other equipment are suitable for the conditions and are in a well maintained state.

Hazards: The following hazards specific to this site/event have been identified:

- Notable course points: Merge with U11/13 at Beeline hub; Long/Short merge on Snails; Narrow bridge on Wetland Loop. Managed with marshals.
- High chance of walkers in the Freewheel > Beeline transition (near the bridge). Managed with marshals, cones & tiger tails, as well as early warning notices (2+ weeks in advance of the event)

Procedures: Riders are to be aware of the following Health & Safety procedures. Time allowances will be made for any riders stopping to assist with an injury.

Instructions: Riders are to follow instructions of marshals and event organisers. Failure to do so can result in disqualification and barred entry from future events.

Non-serious self-injury on course: If you have a non-serious injury on the course, but are able to safely move, please clear the track as quickly as possible to protect yourself and others from being hit by a following rider. If on an obscured part of the course, keep calling "Rider Down".

If you need assistance, call to the next rider to stop. Advise them of your **Injury, Name** and **Number** and they will be able to inform the next marshal on the course.

If abandoning the race, do NOT travel backwards on the track into oncoming riders.

Finding an Injured Rider on course: If you encounter an injured rider on the course, you must assist if they need assistance. If they are unable to move, this is to be treated as a serious injury and you must:

- Stop and stay with the injured rider until First Aid or a marshal arrives on-site.
- DO NOT MOVE the rider if they are unable to easily move themselves.
- Secure the scene, ensuring approaching riders do not hit you or the injured rider. Stop following riders for assistance: (one as messenger, one as lookout).
- Get any details of the **Injury** as well as the **Name** and **Number** of the rider.
- Send the following rider with these details onto the next marshal.

Stoppage: In the event of emergency where racing has been stopped, riders will be advised by marshals to return to the Event Base via the most direct safe route.

Evacuation: If the Event Base area needs to be evacuated e.g. due to a fire in a shelter. The evacuation point will be down Broken Hill Road, in the direction of further exit ways.

Event Base

The Event Base will be at the grass park area at the end of Waiu Road. PNP would like to utilise the permanent shelter as the registration area. 1-2 3mx3m gazebos (depending on weather) may be set up in the opposite grass area, near the finish line. This may include a gazebo structure and/or tenting poles holding timing equipment. All PNP gazebos are secured with hefty pegs (~40 mm, ~8mm diameter) as well as guy ropes when required.

The Start/Finish loop will require the placement of cones throughout sections of the Event Base.



v2 29/7/25

Waste Management Plan

Waste collection will be provided for at the Event Base (Registration). ALL waste is to go into the approved collection bags, and will be sorted for Recycling materials after each event.

Any competitor who litters either during the race or at any time during the event will be subject to time penalties and risks disqualification at this event and/or subsequent PNP MTB events.